



CEDAR
Children's Academy

**RELATIONSHIPS,
SEX AND HEALTH
EDUCATION (RSHE)
POLICY**

Introduction

This policy is a stand-alone policy that comes under the umbrella of Personal, Social, Health & Citizenship Education (PSHE) at Cedar Children's Academy.

This updated version reflects the statutory Relationships, Sex and Health Education (RSHE) guidance that all primary schools must follow from September 2026, including strengthened expectations around parental transparency, online safety, personal safety and first aid, and puberty education.

Rationale

At Cedar Children's Academy, we believe that effective Relationships, Sex and Health Education (RSHE) is essential for our pupils, as they grow, so that they are equipped to make responsible, well-informed decisions about their lives. It contributes to promoting the spiritual, moral, social, cultural, emotional, mental and physical development of our pupils, preparing them for the opportunities, responsibilities and experiences of adult life.

The updated 2026 guidance places additional emphasis on safeguarding, digital resilience, and recognising unsafe situations both online and offline.

Definition of Relationship & Sex Education

Relationships, Sex and Health Education is about the emotional, social and cultural development of pupils, which involves learning about relationships, healthy lifestyles, keeping safe, diversity and personal identity. RSHE seeks to enable young people to feel positive about themselves, manage relationships and access the infrastructure of support available.

RSHE also includes teaching pupils how to set and respect personal boundaries, understand consent, and recognise peer influence and pressure.

Aims and Objectives

At Cedar Children's Academy, we aim to provide our pupils with an age-appropriate RSHE programme that:

- Provides a framework in which sensitive discussions can take place
- Prepares pupils for puberty and gives them an understanding of sexual development and the importance of health and hygiene
- Helps pupils develop feelings of self-respect, confidence and empathy

- Teaches pupils the correct vocabulary to describe themselves and their bodies
- Creates a positive culture around issues of sexual orientation and relationships
- Ensures pupils understand online safety, including social media age limits, image-sharing risks, privacy settings and online pressure
- Teaches pupils how to recognise unsafe situations and seek help
- Builds pupils' understanding of personal safety, including rail and water safety, peer influence, and updated first aid expectations (reporting incidents rather than filming them)

Curriculum

Our curriculum is set out within the PSHE overview, but we may need to adapt it as and when necessary. We have developed the curriculum in consultation with parents and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner, so the pupils are fully informed and don't seek answers online.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including: Families and people who care for me
Caring friendships
Respectful relationships
Online relationships
Being safe

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

Children will be taught how to:

- Set and respect personal boundaries
- Recognise unsafe online or offline relationships
- Understand consent and permission-seeking
- Seek help when something feels wrong

Primary sex education will focus on:

- Preparing boys and girls for the changes that adolescence brings
- How a baby is conceived and born

Puberty and menstruation

Puberty education is taught to all pupils. Menstruation will be introduced from Year 4, using clear, accessible language such as *period pads* and *menstrual products*.

Online Safety

Teaching reflects the modern digital world and includes:

- Age limits for social media
- Risks around image-sharing and online pressure
- Privacy and location settings
- Online gaming safety
- Recognising harmful content and contact
- Critical thinking about online wellbeing
- Understanding how information and data is shared and used online

Personal Safety and First Aid

Pupils will learn about:

- Rail and water safety
- Road safety
- Peer influence and pressure
- What to do in an emergency
- Updated first aid guidance, emphasising reporting incidents rather than filming them

Organisation

Normally male and female pupils will be taught together. However, when deemed appropriate, there may be occasions when pupils are taught in separate gender groups.

Where visitors are invited to deliver aspects of the RSHE programme, the school follows the guidelines issued by the authority. Visitors will be used to support not supplement the role of the teacher and they will always be accompanied in the lesson by a teacher. Visitors will always be fully briefed on their contribution to the programme and will be given a copy of the current policy beforehand.

Aspects of RSHE are encompassed within the ethos of the school and may be delivered through:

- PSHE lessons
- Core and foundation subjects

- Assembly time
- Enrichment days/ weeks
- Theatre in education visits

Parental Transparency

We are committed to full transparency. Therefore:

- Parents may view all RSHE materials used in lessons
- The school will clearly explain how parents can access these materials
- A curriculum overview will be published annually
- Parents will be informed in advance of puberty and sex education lessons

We value working in close partnership with parents and carers and welcome questions or feedback.

Equal Opportunities

RSHE is inclusive of all students; they have an equal entitlement to good quality RSHE. The programme will be delivered in line with the School's Equal Opportunity policy and the Equalities Act 2010 within an atmosphere of mutual respect. The whole school community will support an approach which ensures that no individual will be discriminated against on any of the protected categories including but not limited to gender, race, disability, religion or sexual orientation.

Resources selected to support the programme will be free from cultural bias wherever possible and will avoid gender, race, disability or sexual orientation stereotyping. The programme will be sensitive to the needs of all pupils in the school. The school will not discriminate against any member of the school community who is infected or affected by HIV.

Personal Beliefs

The personal beliefs and attitudes of teachers will not influence their teaching of RSHE.

Language and Ground Rules in Lessons

All staff teaching RSHE will set ground rules in their classes. For example:

- No one (teacher or pupil) will have to answer a personal question
- No one will be forced to take part in a discussion
- The only language used will be easily understood and acceptable to everyone in the class

- Only the correct names for body parts will be used
- Meanings of words will be explained

Dealing with Difficult Questions

We have a variety of strategies for dealing with difficult questions. For example:

- If a question is too explicit or is inappropriate the teacher will attend to it later, on an individual basis and a decision will be taken whether to inform the child's parents/carers;
- If a child makes a disclosure that causes the teacher concern, then they should follow the School's Child Protection procedures.

Menstruation

Menstruation will be taught to all pupils from Year 4, using clear, accessible language such as “period pads” and “menstrual products”. We make appropriate and sensitive arrangements for the changing and disposal of sanitary wear for pupils. At the onset of menstruation, it is advisable for the parents to inform the Class Teacher or office staff of the child's needs in order for us to make appropriate provision (Sanitary protection is available from the School Office).

Behaviour

Homophobic, biphobic and transphobic (HBT) bullying is totally unacceptable. The school has a specific anti-bullying statement which all teachers are aware of and incidents of HBT bullying are recorded separately and may be reported to external authorities.

Confidentiality

In line with the Confidentiality Policy pupils, parents, staff and health professionals working with us are aware of the different roles people have within the school, the confidential support available and how confidentiality works in practice. Staff must follow child protection guidelines, sharing information with other professionals and parents in line with local procedures.

Roles and Responsibilities

The governing board

The governing board will hold the headteacher to account for the implementation of this policy and ensure compliance with statutory requirements.

The headteacher

The headteacher is responsible for ensuring that RSHE is taught consistently across the school, ensuring staff receive appropriate training, and managing requests to withdraw pupils from non-statutory components of RSHE.

Staff

Staff are responsible for:

- Delivering RSHE in a sensitive way
- Modelling positive attitudes to RSHE
- Monitoring progress
- Responding to the needs of individual pupils
- Responding appropriately to pupils whose parents wish them to be withdrawn from the non-statutory components of RSHE

Pupils

Pupils are expected to engage fully in RSHE and, when discussing issues related to RSHE, treat others with respect and sensitivity.

Parents' Right to Withdraw

Parents have the right to withdraw their children from the sex education within the RSHE programme only and which is NOT part of the statutory National Curriculum Science Orders.

Monitoring and Evaluation

The RSHE policy and curriculum will be reviewed annually to ensure continued compliance with statutory guidance. Monitoring includes:

- Lesson observations
- Pupil voice
- Staff feedback
- Parent consultation
- Governor review